



State of New Jersey
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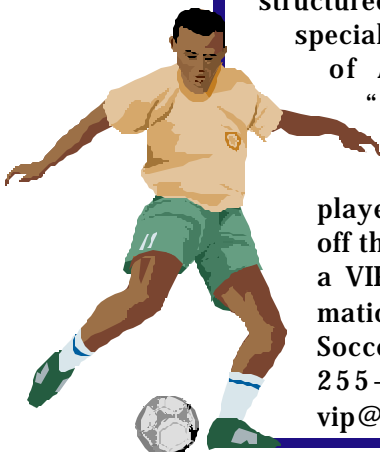
Winter 2001

Recreation & Leisure Review

Kick It Up A Notch

The American Youth Soccer Organization (AYSO) has a website that has a wealth of information. Go to www.soccer.org/ and track down the information you need. AYSO has a Very Important Player (VIP) program for players with disabilities. The program provides a quality soccer experience for children and adults, whose physical or mental disabilities make it difficult to successfully participate on mainstream teams.

Kids with special needs are estimated to make up approximately 10% of the school-age population. Special schools and classrooms can isolate these children so the VIP Program has been structured to integrate our special kids into the rest of AYSO by using "buddies" from non-VIP teams to help these players both on – and off the field. To receive a VIP packet of information, call the AYSO Soccer Center at (888) 255-2976, e-mail: vip@AYSO.org.



Helping Hands

The Alliance for Technology Access (ATA) began in 1987 as a joint project of a grass-roots organization, the Disabled Children's Computer Group, and a major corporation. ATA has grown into one of the nation's largest resources to help children and adults with disabilities gain access to the benefits of adaptive technology.

The ATA's most important means of promoting technology access may be its nationwide network of community-based assistive technology resource centers. ATA centers work with a wide variety of individuals and organizations, and have no eligibility criteria for determining who may receive service. Most centers provide hands-on consultations, product demonstrations, make recommendations and referrals, and present workshops on technology use. The two sites in New Jersey are: The Center for Enabling Technology, 622 Rt. 10 W, Suite 22B, Whippany, NJ 07981, telephone (973) 428-1455, TTY, (973) 428-1450, FAX (973) 560-9751, e-mail: cetnj@aol.com; and Computer Center for People with Disabilities, c/o Family Resources Associates, Inc., 35 Haddon Ave., Shrewsbury, NJ 07702-4007, telephone (732) 747-5310, FAX (732) 747-1896, and e-mail, ccdanj@aol.com.

Because of the Assistive Technology Act of 1998 (P.L. 105394), each state has assistive technology programs that are funded by the National Institute on Disability and Rehabilitation Research (NIDRR). The program in New Jersey is administered by New Jersey Protection and Advocacy, Inc., 210 South Broad Street, 3rd floor, Trenton, NJ 08608. Telephone is (609) 777-0945, in-state (800) 342-5832, TTY (609) 633-7106, FAX (609) 771-0187, e-mail, packro@njpanda.org, and web site, www.njpanda.org.

The NJ Consortium to Access-Abilities provides a non-competitive network of communication and support for teachers, students, and families. The Consortium also serves as a resource that provides services in assistive computer technology and augmentative communication. The sites and contacts in New Jersey are: NJ CART, John Noecker, e-mail



Continued on page 7.

F.Y.I.

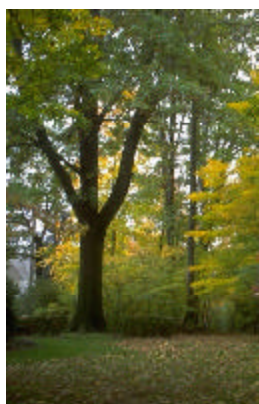
The Autism Research Institute is a non-profit organization, established in 1967. ARI is primarily devoted to conducting research, and to the dissemination of the results of research, on the causes of autism and on methods of preventing, diagnosing, and treating autism and other severe behavioral disorders of childhood. For more information you may write to ARI at 4182 Adams Avenue, San Diego, CA 92116. Web site is www.autism.com/ari. You may also sign up for the e-mail list.

An interesting web site for kids is www.msnbc.com/local/pencilnews. They can learn about everything from Africa to the Zider Zee, and keep current on what is happening in the news on a level that is age appropriate.



Water safety experts can take online interactive tests where you pick a scenario and go through the steps of rescue at www.rescueme.watersafety.org.uk.

For the latest report on reducing juvenile crime through after-school programs, go to www.fightcrime.org.

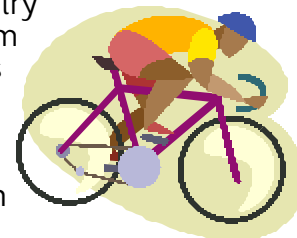


A web address listing of colleges and universities that offer accredited programs in parks and recreation studies may be found at www.activeparks.org/education/higher_ed.cfm. You can earn your graduate degree in Recreation Management through the Distance Learning Program offered by the United States Sports Academy.

Find details at www.sport.ussa.edu.

The new website for searching the U.S. Government for grants can be found at <http://firstgov.gov/>. Order your own copy of the newest Guide to Federal Funding for Governments & Nonprofits by visiting the Web site at www.grantsandfunding.com.

For the largest hiking and mountain biking site on the net, trek to www.trailmonkey.com. It lists trails in all 50 states and 8 foreign countries, with 17 virtual tours, each with multiple maps and photos. In the same vein, try www.getoutdoors.com for outdoor destinations and trails nationwide. Sites from national parks, to state, regional and local parks and urban trails are listed.



One of the fastest growing recreation/sporting activities in the world is orienteering. Visit the U.S. Orienteering Federation at www.us.orienteering.org.

www.dogpark.com has a wealth of useful resources on how to start and manage a dog park, one of the hottest new facilities for parks and recreation in the country.



At www.CanDo.com you will find a variety of resources for those of us with special needs. Check out the Sports and Fitness section for products relating to aquatic therapy, exercise equipment, sensory motor activities, and weight training.

Palaestra Magazine is considered to be a comprehensive resource on sport, physical education and recreation for individuals with disabilities. For information, contact Palaestra, Circulation Department, Challenge Publications, PO Box 508, Macomb, IL 61455, or FAX inquiries to (309) 833-1902, web site: www.palaestra.com.

For ideas on new and creative after-school programming focusing on positive development for kids, subscribe to the free Healthy Communities/Healthy Youth Listserv at www.search-institute.org.

For soccer news for any state in the nation, log onto: www.soccerstation.com.



Do You Watsu?

Since its discovery 15 years ago, the form of aquatic bodywork created by Harold Dull, a poet and linguist, known as Watsu, water Shiatsu, has been adopted and practiced widely, not only in this country, but worldwide. The technique's growing popularity is largely due to the fact that each Watsu session is not only a massage, but also a profound experience that causes many healing "shifts" on the physical, emotional and spiritual levels. Healing can occur not only for the receiver of Watsu, but also for the giver.

Today's teachers and practitioners of Watsu, certified by the Worldwide Aquatic Bodywork Association, can be found in many cities.

Each Watsu session takes place in chest-high warm water, and involves both massage in a series of flowing, dance-like movements. Dull found that in aquatic massage, the receiver's body would glide easily and naturally into many relaxing positions impossible to achieve on land.

If there is a goal in Watsu it is expanded awareness, rather than change. Awareness precedes change.

Psychologists, psychiatrists, physical therapists, massage therapists, and lay people are all enthusiastic about the benefits of giving and receiving Watsu. It seems to be appropriate for everyone. Early studies indicate that those individuals with Cerebral Palsy and Asperger's Syndrome react favorably to this form of therapy.

For additional information, contact your local library, or check the web site www.eBody.com

A Day at the (Theme) Park



According to a survey completed by Exceptional Parent Magazine, New Jersey has some accessible theme/amusement parks that might catch your fancy. The key to services is listed in numbers after the telephone number in each case. The Casino Pier and Waterworks in Seaside Heights, telephone (908) 793-6488, 1, 2, 3, 4, 6, 7, 11, 13, 14 (have sand wheelchairs available, at no cost, to get onto the beach); Clementon Amusement Park and Splash World, Clementon, NJ 08021-0132, (609) 783-0263, 1, 2, 3, 4, 5, 6, 7, 11, 13, 14, 15, ride operators are trained to assist visitors on and off of rides, and special tubes are available for use in the waterpark; Gillian's Island Water Theme Park, Ocean City, NJ 08226, (609) 399-0483, 1, 2, 3, 4, 6, 11, 12, 13, 14; Land of Make Believe, Hope NJ, (908) 459-9000, 1, 2, 3, 4, 5, 6, 11, 13, 14, 15; Six Flags Great Adventure, Jackson, NJ (908) 928-2000, 1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 14, 15, 16; and Storybook Land, Egg Harbor Township, NJ, (609) 646-0103, 1, 3, 4, 6, 11, 14, 15. Key to Services: 1. accessible restrooms/drinking fountains, 2. accessible telephones, 3. accessible restaurants, 4. accessible rides/attractions, 5. accessible theaters, 6. accessible parking, 7. wheelchair rentals, 8. sign language interpreters, 9. Braille/audio information guides, 10. personal care services/attendants, 11. guide dogs permitted, 12., guidebooks for visitors with disabilities, 13. first aid station, 14. alternate entrances for rides, 15. special ticket rates, 16. assistive listening devices.

I t's never too late to have a happy childhood. - Tom Robbins

Information Please

The federal government supports many clearinghouses, information centers, and institutes that focus on specific topics. For more information on federal and federally-funded information resources, contact: NICHY (National Information Center for Children and Youth with Disabilities), PO Box 1492, Washington, DC 20014-1492, (800) 695-0285, (voice-tty), (202) 884-8441 (FAX); and/or NARIC (National Rehabilitation Information Center), 8455 Colesville Rd., Suite 935, Silver Spring, MD 20910, (800) 346-2742 (voice), (301) 588-9284 (voice-tty), (301) 587-1967 (FAX). For information on ARTS, National Arts and Disability Center, e-mail oraynor@mednet.ucla.edu, web site, www.dcp.ucla.edu/nadc/.

National Information and Advocacy resources include: software for the visually impaired, Arkenstone, Inc., e-mail info@arkenstone.org; Architectural Accessibility, Center for Universal Design, e-mail cahd@ncsu.edu, web site, www.design.ncsu.edu/cud; Council for Exceptional Children, web site, www.cec.sped.org; National Patient Travel Center, e-mail mercymedical@erols.com, web site, www.patientTravel.org; National Respite Locator Service, web site, www.chtop.com/locator.htm; and Travel: Mobility International USA, e-mail, info@miusa.org, web site, www.miusa.org.

Sailing into the Record Books

The first Paralympic yachting trials took place in 1995.

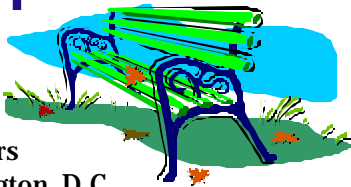
"The top five U.S. Paralympic yachting skippers are high quadriplegics," says Mike Strahle, Paralympian. He has been seeking to invent ways to steer the boats, since it is difficult for individuals with quadriplegia to effectively navigate in high wind situations. He has invented the SS2000, which reportedly gives Paralympic Sonar skippers secure places to sit, along with vertical levers to steer with, and an electric tilting kit that keeps the skippers level as the boat heels over in heavy wind.

For additional information contact Mike Strahle, 3141 Howard Drive, Redding, CA 96001. Call (530) 245-0964 or e-mail at trapseat@c-zone.net.



A Little History Lesson

On April 12, 1906, Luther Gulick, Henry Curtis, and others met in Washington D.C.



and formed the Playground Association of America. President Theodore Roosevelt became the Honorary President. They were subsequently joined by other social reformers such as Joseph Lee and Jane Addams, who advocated the playground movement. In 1911, the name of the association changed to the Playground and Recreation Association of America (PRAA).

In 1938, recreation professionals affiliated with the National Recreation Association formed a professional organization, the Society of Recreation Workers of America. In 1946, the association's name changed to the American Recreation Society.

With the emerging emphasis on outdoor recreation during the late 1950's and early 1960's, new opportunities arose for blending recreation and park philosophies. This, coupled with increasing competition among recreation and park-related organizations, instigated the National Recreation Association's (NRA) incentive to merge with three other national organizations in 1965. The organizations that merged with NRA to form the National Recreation and Park Association included the American Institute of Park Executives, the American Recreation Society, and the National Conference on State Parks.

The NRPA Joseph Lee Memorial Library contains a variety of publications related to the parks and recreation field. The current collection includes periodicals, audiovisuals, theses and dissertations, manuscripts and photography. Many publications have been catalogued into NRPA's research database, which can be accessed via NRPA-net (NRPA's private online network.) The Library is a unique resource center for NRPA members, academicians, and the public at-large seeking current information on the parks and recreation movement worldwide. To contact the library, write to The National Recreation and Park Association, 22377 Belmont Ridge Road, Ashburn, VA 20148. The telephone number is (703) 858-2192, and e-mail is lfurr@nrpa.org.

(Art)iculate Yourself

When opportunities exist for education in the arts, they can play an important role in the quality of life of all citizens.

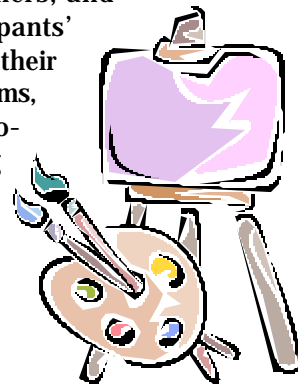
Participation in the arts can be active or passive. Active participation occurs when the participant is actually performing or creating art. Passive participation occurs when art is viewed as a spectator. When a participant is actively creative, challenges and solutions become the goal. Solving a problem becomes a gratifying experience.

Artistic expression can help a person reduce stress and tension, while simultaneously developing a sense of fulfillment.

Like many recreational activities, art programs have specific community benefits. Recreational art experiences contribute to the development and enrichment of one's personality, which expand thoughts about culture and provide the building blocks to a strong, positive community. According to the National Endowment for the Arts (NEA), when communities provide opportunities for art, it results in the enhanced personal development and increased social consciousness of the residents. A National Survey Report commissioned and funded by the NEA suggests that large-scale community festivals, parks, and open-air facility events not only contribute substantially to art participation, but also contribute to the economy of the community.

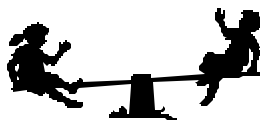
Also, recent studies have shown that art participation can benefit youth who are considered "at risk." In a study examining these youths participating in an art intervention, the following benefits were achieved: 1) development of creativity, 2) self-confidence, 3) enjoyment, 4) knowledge and appreciation of art, 5) a place to shine, 6) learning to get along with others, and 7) development of friendships. The participants' parents four central reasons for enrolling their children in after-school recreational art programs, were that the program was goal oriented, provided structure, a quality alternative to being home alone, and enabled the child to pursue artistic interests.

For additional information, contact the National Endowment for the Arts at: www.arts.endow.gov. (Parks & Recreation, May 2000)



Life is a great big canvas, and you should throw all the paint on it you can. - Danny Kaye

Access Board Update



The October 18 Federal Register contained the Final Accessibility Guidelines for newly built or altered play areas.

The new guidelines are not mandatory. Instead, they set the minimum baseline for enforceable ADA standards maintained by the Department of Justice (DOJ). The requirements will become mandatory after DOJ incorporates them into its ADA standards. In the interim, the public may consult the new guidelines as a reference in providing access to playgrounds and play equipment. For additional information, contact the Access Board at (800) 872-2253, voice, (800) 993-2822, TTY.

From Super Fund Site to Super Fun Site

On March 21, 2000, the New Jersey Recreation and Park Association announced that the year's Kinsey Award for Excellence in Design went to Alcyon Lake Park in Pitman, New Jersey. Visitors enjoy such amenities as baseball fields with dugouts, softball fields, a football field, two tournament-sized soccer fields, a picnic pavilion, bike path, concession stand, wildflower meadow, and an open play area. What visitors will not see is that this 38-acre tract was once the location of the United States EPA's number one Superfund Site!

The Lipari Landfill was a 15-acre site that accepted approximately 3 million gallons of liquid waste and 12,000 cubic yards of solid waste between 1958 and 1971. The landfill was shut down in 1971 by the EPA, but not before its contaminants seeped into the area's underlying aquifers, causing the pollution to spread to nearby Alcyon Lake and Alcyon Park.

Throughout the first half of the 20th century, Alcyon Park offered various local sport and recreation attractions, including a boardwalk, bathhouse, merry-go-round, horse track, motorcycle and automobile races, thrill shows, and daredevil performances. The park's pollution caused it to be shut down in 1981, and many believed that the park would stay a barren wasteland forever.

In 1993, the EPA and local residents launched a cleanup project. The Pitman Land Use Committee, consisting of hard-working and dedicated individuals, won the 1995 Governor's Volunteer Award, which is given to people who donate their time and talents for the betterment of New Jersey. After several years of cleanup efforts, the ground pollution was successfully capped and the lake decontaminated. The Pitman Land Use Committee decided that it was time to resurrect this park, and in 1996, they selected the civil engineering firm of Lord Anderson Worrell & Barnett, Inc. (LAWB) to work with them on this task. The firm, in turn, worked with local citizens, police, and school, town and state officials to rejuvenate the park for recreation enthusiasts of all ages. Along with the basic needs of the park, municipal officials wanted to bring wildlife back to the area. And above all, came the community's desire to include a memorial reference to the park's rich heritage. Room was reserved in the center of the park for a monument dedicated to Alcyon's history and to everyone who made an effort to restore the park to its former glory.

Designers placed a plaza in the center of the park as a focal point. Within this central plaza is a unique, hexagon shaped concession stand and scoring pavilion. The structure was the first of its kind and is constructed of state-of-the-art materials designed for safety, accessibility, and long-term usability, providing a bird's-eye view of the entire site. After studying pictures of Alcyon's old speedway, the engineers designed a walking path around the perimeter of the park that emulates the layout of the original racing track. The entire park, including the path system, was made ADA accessible to accommodate the needs of all individuals.

The design's finishing touch is a wildflower meadow just beyond the playing fields, which is meant to entice wildlife into the park. Nature trails are marked throughout the park and the wooded area that lies along its boundaries.

Construction on the park began in 1997, and in April 1999, the new Alcyon Lake Park was a reality. Since it's opening more than a year ago, the park has flourished. The athletic fields are being used by a number of community organizations. Bicyclists, inline skaters,

Check It Out

To get some creative writing juices flowing for kids, try these two books. The titles are *Author Talk*, compiled and edited by Leonard Marcus, and *How Writers Work: Finding a Process That Works for You*, by Ralph Fletcher. The Fletcher book is full of encouragement and practical advice. *Author Talk* combines far-ranging and thorough conversations with authors such as Judy Blume, Jon Scieszka, and E.L. Konigsburg with photos of their work-spaces and pages of their heavily marked-up original manuscripts. The Fletcher book helps anyone through a school assignment, while the Marcus book will inspire the next generation's great authors.

Author Charlotte Foltz Jones and illustrator John O'Brien, (from South Jersey), have written *Eat Your Words: A Fascinating Look at the Language of Food*. The book explains where the names of some of the most familiar-and unfamiliar-foods came from. It is a veritable social history, explaining that Baked Alaska got its name to honor the new state after its purchase from Russia, and that chocolate bars started being manufactured because the price of sugar dropped low enough to allow mass-produced sweets.

The Play of Words: Fun and Games for Language Lovers, addresses the questions, which fall into categories (clichés, diction, metaphors, logic, etc.), test your memory, vocabulary, and ability to puzzle out the meaning of verbal equations. Each quiz has an introduction that is worth reading for the etymology of clichés for quizzes.

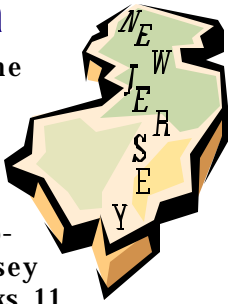
For some verbal jousting, cartoonist William Steig has written *C D B!* It is an illustrated puzzle along the lines of the title, which translates as "See the Bee." The expressions are translated in the back of the book.

and joggers swish by on the paved pathways. Seniors stroll through the park and enjoy picnicking beside the lake. School children enjoy nature trails and educational tours of the park and learn of its history. According to former Pitman Council President, Doug Stuart, "The community has embraced this park, and visitors are in awe then they come to play in our fields." (P&R, June 2000)

We must make our garden grow. - Voltaire

Talk About New Jersey Trivia

In 1933, the first National Historic Park in America was established in Morristown. Today, New Jersey has 38 state parks, 11 state forests, 57 historic sites, 42 natural areas, and three national recreation areas. Sandy Hook Lighthouse is the oldest original operating lighthouse in the country. For information on these subjects, contact the Division of Parks & Forestry at (800) 843-6420. Also, there are over 4,100 freshwater lakes, ponds, rivers, and streams in New Jersey. This equals almost 61,000 acres of water. Branch Brook Park in Newark was the nation's first county park. In addition, the first ferry service in the United States began in 1811, shuttling between Hoboken and Manhattan. The world's first boardwalk was built in Atlantic City in 1870. Coincidentally, the first saltwater taffy was produced at the Jersey Shore in the 1870's.



Not Just for Kids

Experts warn that children should carry no more than 20 percent of their body weight in their school backpacks. Excessive weight can lead to back problems.

For example, a seventy pound child should carry no more than 14 pounds, with heavier items distributed evenly across the bottom of the pack. Shoulder straps should be snug.

Whatever the reason for carrying a backpack, make certain the fun stays in fundamentals.



A Challenging Partnership

For 19 years, Mobility International USA (MIUSA), a non-profit international exchange organization based in Eugene, Oregon, has worked toward increasing the participation of people with disabilities in international exchange programs worldwide. As part of its mission, MIUSA brings 40 to 60 people, with and without disabilities from around the world to Eugene every year for programs that focus on leadership development, disability rights training, adaptive recreation training, and cross-cultural exchange. From Azerbaijan to Zimbabwe, many youths and adults with disabilities annually apply to participate in the Mobility International USA exchange programs. The program goals include creating experiences that empower each participant with skills that can be used to improve the lives of people with disabilities back in his or her home county.

A partnership with your organization and Mobility International USA might be something to look into if you want to create a first-class challenge program.

*Annually, Mobility International USA donates staff and expertise to train outdoor Programs challenge course facilitators. This practice enables new facilitators to work with, and facilitate courses involving people with disabilities, and to receive feedback on their facilitation skills. As opposed to scenario or role playing, the actual hands-on experience vastly improves the preparedness of Outdoor Program staff.

*MIUSA has access to a state-of-the-art challenge course that it takes pride in because they helped to create it.

*In a majority of MIUSA's final evaluations, participants with and without disabilities name the challenge course as one of the programs that had the most impact on increasing their self-confidence

*Staff training for your organization would be of a high caliber

Just as it is important for youth-at-risk, community organizations, and employee work-groups to have opportunities for personal growth through challenging outdoor recreation, it is important that people with disabilities have these same opportunities. A partnership between community organizations can significantly improve the accessibility and quality of the programs that each offers. Nearly every community nationwide has active people with disabilities involved in local independent living centers or disability organizations. These individuals and organizations could be potential partners with outdoor recreation professionals and organizations to improve program design and accessibility. The challenge for recreation professionals to reach out and initiate those relationships. This partnership could lead to increasing the number of outdoor program clients, as well as programs and facilities that are more accessible to all community members.

Resource: Mobility International USA, PO Box 10767, Eugene, OR 97440; e-mail: info@miusa.org, web site: www.miusa.org

On the Road Again

The United States Handcycling (USHF) has announced a vertical integration project with the U.S. Pro Cycling organization. The schedule for events can be accessed at the USHF web site at www.ushf.org. The USHA will sponsor races at the local and regional levels, and is negotiating with some of the biggest recreational touring events to include handcycling at a more prominent level, and will expand its recreational focus. Contact: at (831) 457-7747 (event hotline), or e-mail at info@ushf.org.

A new web site offers training, news events, new and used equipment sales, and more for handcycling. Hawaii Ironman Champion Carlos Moleda heads the site. Contact: superfrog@handcycleracing.com.

Flying High

The New Jersey Division of Transportation (NJDOT), Division of Aeronautics annually co-sponsors an International Aviation Art Contest. Category ages are 6-9; 10-13; and 14-17. Applications can be obtained from Linda Zajac at (609) 530-2080, or by writing to her at NJDOT, Division of Aeronautics, Box 610, Trenton, NJ 08625-0610.

Entries will be judged with state winners and runners-up selected for entry in the National Award contest in Washington, D.C.

The national winners and two runners-up from each age category will be sent to compete in the International Art Contest.

The contest is sponsored by the New Jersey Division of Aeronautics; the National Aeronautics Association; the National Association of State Aviation Officials; the National Aeronautics and Space Administration; and the federal Aviation Administration, in cooperation with the Federation of Aeronautique Internationale.



Witan On The Web

American Youth Soccer: www.soccer.org

Autism: www.autism.com/ari

Center for Universal Design:
www.design.ncsu.edu/cud

Council for Exceptional Children:
www.cec.sped.org

Dog Parks: www.dogpark.com

Federal Funding: www.grantsandfunding.com

Healthy Communities/Healthy Youth:
www.search-institute.org

Hiking: www.trailmonkey.com

Juvenile Crime: www.fightcrime.org

MSNBC: www.msnbc.com/local/pencilnews

NJ Consortium to Access-Abilities:
www.punjab.edu/coe/resources/asstech

NJ Protection & Advocacy: www.njpanda.org

National Arts & Disability Center:
www.dcp.ucla.edu/nadc

National Endowment for the Arts:
www.arts.endow.gov

National Patient Travel Center:
www.patientTravel.org

National Respite Locator Services:
www.chtop.com/locator

Outdoor Destinations/trails:
www.getoutdoors.com

Palaestra Magazine: www.palaestra.com

Park & Recreation Accreditation:
www.activeparks.org/edu/higher_ed.cfm

U.S. Hand Cycling: www.ushf.org

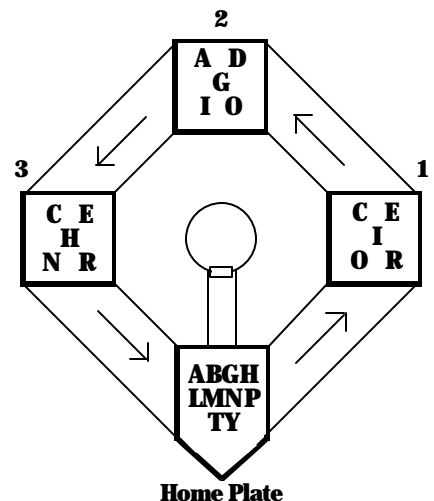
U.S. Orienteering Federation:
www.us.orienteering.org

U.S. Sports Academy: www.sports.ussa.edu

Water Safety:
www.rescueme.watersafety.org.uk

Home Runs

Score Home Runs by forming 5-letter words starting and ending at home plate. Select a home-plate letter and write it over the first answer blank. Then choose a first-base letter for the second blank, and so on. Cross off each letter as you use it. If you can form only a 2-, 3-, or 4-letter word, go back to home plate and start your next word. Score 1 point for a 2-letter word, 2 for a 3-letter word, 3 for a 4-letter word, and 4 for a 5-letter Home Run. A perfect score of 20 makes you a Home Run champion.



Solution

acorn, bring, might, peach, yodel

Be An Owl

The New Jersey Division of Fish and Wildlife offers outdoor workshops on a variety of subjects. From these workshops the OWL (Outdoor Woman's League) was developed. OWL is a non-profit group that offers continuing activities in which ladies can participate. It offers its members the opportunities to learn and actually participate in topics relating to wildlife. OWL has monthly meetings at which guest speakers offer hands-on participation, according to Cathy Blumig, President.



The members can tap into a wide variety of activities including ice fishing, 3-D archery, canoe and camping trips, a tree identification hike, bat walks, surf fishing, an eagle watch, butterfly walks, deer hunts, beagling, nature photography, and many similar activities.

Membership on OWL is open to anyone 18 years of age or older. You can call Ms. Blumig at (832) 873-3206 for additional information.

Hands...continued

jnoecker@worldnet.att.net; United Cerebral Palsy of New Jersey, Fred Tchang, e-mail ftchang@ucpanj.org; The College of New Jersey, NJ Tech Newsletter, Dr. Amy Dell, e-mail dellamy@dtcnj.edu; Recordings for the Blind and Dyslexic, Ann Marie Cook, e-mail dacooke@RFBD.org; and the New Jersey Consortium to Access-Abilities, web site: www.wpunj.edu/coe/resources/asstech.

Save the Date: May 14, 2001

2001 Governor's Conference on Recreation
for Individuals with Disabilities at the Princeton Marriott.

For more information contact Patricia Swartz at 609 984-6654
or pswartz@dca.state.nj.us. Conference brochure will be on our website.

Get Ready for Summer

The New Jersey Foundation for the Blind, a nonprofit, nonsectarian organization, has a summer program that offers guests a two-week stay for recreation and rehabilitation. Arts and crafts and a heated accessible swimming pool provide enjoyment. For additional information, contact the Foundation at 230 Diamond Spring Road, PO Box 929, Denville, NJ 07834; telephone (973) 627-0055.

Bibliography

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Books are the tools that we use to pry open doors in our minds. - The Nature Company



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